

Acro Camp |  Gymnastics Camp |  Gym Only Classes

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Cell (mom): \_\_\_\_\_ (dad): \_\_\_\_\_

Work (mom): \_\_\_\_\_ (dad): \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Health Card #: \_\_\_\_\_

Severe Allergies: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Tel: \_\_\_\_\_

NOTICE OF WARNING: There is a potential risk for injury involved in training and participating in any sport. Both Gymnastics Ontario and Vaughan Recreational Gymnastics have tried to create a safe and controlled environment for participation. Rules have been established for participation and conduct in and around the gymnastics area that **MUST** be followed.

Signature: \_\_\_\_\_

|                     |                          |                          |                          |
|---------------------|--------------------------|--------------------------|--------------------------|
| Week Day(s)<br>Time | 1<br>MTWTF<br>am pm full | 2<br>MTWTF<br>am pm full | 3<br>MTWTF<br>am pm full |
| Week Day(s)<br>Time | 4<br>MTWTF<br>am pm full | 5*<br>TWTF<br>am pm full | 6<br>MTWTF<br>am pm full |
| Week Day(s)<br>Time | 7<br>MTWTF<br>am pm full | 8<br>MTWTF<br>am pm full |                          |

|  |   |   |   |   |
|--|---|---|---|---|
| Office Use:<br>(Mark/date<br>and<br>Payment) | 1 | 2 | 3 | 4 |
| 5*pro-rated                                  | 6 | 7 | 8 |   |

### Gymnastics Only Classes

- Eight week session—participants may register for 4, 6 or 8 weeks.
- Participants may attend classes once or twice a week.
- An Annual Gymnastics Ontario Registration Fee is payable upon registration. For the 2010/2011 season the fee is \$16 per participant.

### Kindergym: Ages 3 & 4 Years

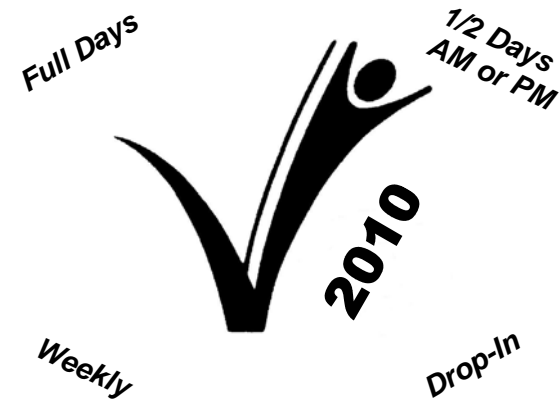
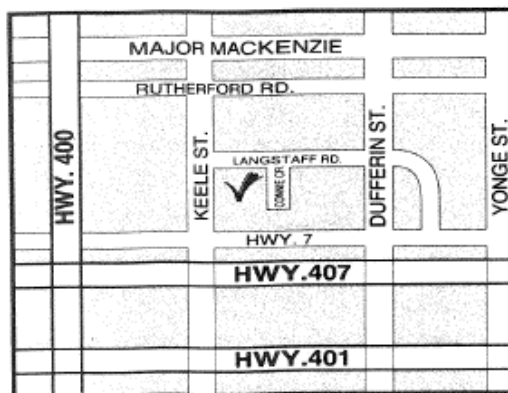
|             |                                |         |         |
|-------------|--------------------------------|---------|---------|
| Day:        | Tuesday, Wednesday or Thursday |         |         |
| Time:       | 9:30 to 10:30                  |         |         |
| Fees:       | 4 weeks                        | 6 weeks | 8 weeks |
| 1x per week | \$60                           | \$90    | \$120   |
| 2x per week | \$108                          | \$162   | \$216   |

### Instructional: Ages 5 to 12

|             |                                |         |         |
|-------------|--------------------------------|---------|---------|
| Day:        | Tuesday, Wednesday or Thursday |         |         |
| Time:       | 9:30 to 11:00                  |         |         |
| Fees:       | 4 weeks                        | 6 weeks | 8 weeks |
| 1x per week | \$100                          | \$150   | \$200   |
| 2x per week | \$180                          | \$270   | \$360   |

To register for this program, please contact our office for a registration form.

### Location



# SUMMER GYMNASTICS TRAMPOLINE & ACRO CAMPS

*So Many Choices!  
Check it out!*

# VAUGHAN RECREATIONAL GYMNASTICS

Office: (905) 660-7800  
 Website: [www.vaughangymnastics.ca](http://www.vaughangymnastics.ca)  
 E-mail: [vaughangymnastics@rogers.com](mailto:vaughangymnastics@rogers.com)

15 Connie Crescent, Unit 9  
 Vaughan, Ontario  
 L4K 1L3

## Gymnastics & Trampoline

**So Many Choices!  
So Many Activities!  
You Choose!**

### **Ages 3&4 (Toilet trained)**

1/2 day Morning Only

Choose one: \*9 am –12 noon daily

\*Drop-In a.m.

This program is designed just for little people. Lots of fun and variety to keep everyone happy and active. Activities include: Gymnastics, Trampoline, Circle games, Arts and Crafts and Theme Days.

### **Ages 5 to 12**

Choose one: \*9 am –12 noon daily

\*Full day 9 am to 4 p.m.

\*Drop-In half day a.m.

\*Drop-In full day

This program is geared for non-stop fun with lots of variety and activity. Activities include: Gymnastics, Trampoline, Arts and Crafts, Theme Days/Weeks, Active Indoor and Outdoor Games, Juggling and More!

**FREE Extended Care  
8:00 to 9 a.m. & 4 to 5 p.m.**

**Acro for Dancers: Ages 7 & up**  
Acquire your skills over the summer  
For next year's competitions!

\*MUST BE IN AN EXISTING COMPETITIVE ACRO PROGRAM TO QUALIFY. NO DROP INS.

#### **Options**

1/2 day am \*7 to 10 years (acro only)

1/2 day pm \*11+ years (acro only)

Full Day \*7 to 10 years (am acro/pm general camp)

\*11 + years (am general camp/ pm acro)

Week 8 \*pm Acro only (mixed ages)

#### **Minimum required skills at a proficient level :**

am acro: bridge kick over and handstand to bridge

pm acro: front and back walkovers and a consistent dive

cartwheel.

#### **Acro Schedule:**

- 1/2 hour warm-up including flexibility training
- 2 hours intensive acro skills appropriate to level and ability. (including aerials, walkovers, handsprings, saultos and hand walks)
- 1/2 hour leaps and upper body strength training.

### **Camp Sessions**

|                       |                     |
|-----------------------|---------------------|
| 1. July 5 to July 9   | *5. Aug 3 to Aug 6  |
| 2. July 12 to July 16 | 6. Aug 9 to Aug 13  |
| 3. July 19 to July 23 | 7. Aug 16 to Aug 20 |
| 4. July 26 to July 30 | 8. Aug 23 to Aug 27 |

#### **Fees: Apply to Gymnastics & Acro Camps**

|                     |       |                    |
|---------------------|-------|--------------------|
| <b>1/2<br/>DAY</b>  | \$35  | Drop-in (gym only) |
|                     | \$125 | Full Week          |
|                     | \$100 | Pro-rated week 5   |
| <b>FULL<br/>DAY</b> | \$65  | Drop-in (gym only) |
|                     | \$225 | Full Week          |
|                     | \$180 | Pro-rated week 5   |

## Registration Information

#### **Our Office:**

- Drop off registrations during office hours or after hours through mail slot.
- **Mail to:**  
Vaughan Recreational Gymnastics  
9-15 Connie Cres.  
Vaughan, ON  
L4K 1L3

#### **Methods of Payment:**

- **Cash/ Cheque/ Money Order**
- **Sorry-No Credit or Debit Cards**
- **Early registrations require a \$50 deposit and a post-dated cheque for the balance dated on the first day of the week chosen.**

#### **Refund Policy:**

- **Refunds are available PRIOR TO THE START OF THE PROGRAM provided a written request is received by the camp director. A \$30 Administration Fee will be charged for refunds. Sorry, but no refunds after the beginning of the program.**

#### ***Important!***

- **Remember to bring lunches, snacks, sunscreen and appropriate clothes for gymnastics and outdoor activities.**
- **No camp on Monday, August 2, 2010**